

**THE EFFECTIVENESS OF PROGRESSIVE
MUSCULAR RELAXATION IN REDUCTION
OF ANXIETY FOR INPATIENTS WITH
SCHIZOPHRENIA**

By

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ABSTRACT:

Objectives:

To evaluate the effectiveness of progressive muscular relaxation in reducing anxiety of inpatients with schizophrenia and to evaluate the effect of Progressive muscular relaxation as a simple, safe, inexpensive measure to reduce anxiety for inpatients with schizophrenia.

Method:

Conveniently 18 patients with schizophrenia were collected from indoor of National Institute of Mental Health (NIMH), Dhaka, Bangladesh. Systematically patients were allocated for relaxation group only for this quantitative same-subject design study. Measurement was made by Beck Anxiety Inventory (BAI), Hospital Anxiety and Depression Scale, Brief Psychiatric Rating Scale (BPRS) and also used a questionnaire to evaluate the relaxation program. Reduction of severity of anxiety measured after relaxation practice in eight sessions by comparing anxiety scores between before practiced relaxation and after practiced relaxation.

Results:

Progressive muscular relaxation was significantly better in reduction of anxiety for inpatients with schizophrenia. Relaxation reported a greater reduction of anxiety, which was higher than before practicing relaxation in all three measurement tools. Significantly more anxiety reduction in all three measurement tools (in BAI $p<0.0005$, in Hospital anxiety and depression scale $p<0.0005$, and in BPRS $p<0.0005$) after relaxation practice.

Conclusion:

This study shows the effectiveness of progressive muscular relaxation to reduce anxiety of inpatients with schizophrenia. So, in conclusion the current evidence supports progressive muscular relaxation as a promising approach to the treatment of anxiety for inpatients with schizophrenia. Future trials of progressive muscular relaxation should include utilizing well-trained therapists to administer treatment. The advantages of progressive muscular relaxation may be more effective if it can provide to the clients with a method for handling future environment and stresses as a long-term approach to manage anxiety. It may provide a simple therapeutic measure, which patients can learn to use themselves, to reduce some of the burden resulting from anxiety and leading life with optimal functioning in daily living activities. Progressive muscular relaxation is a simple, safe, easy to learn, and cheap way of providing short-term anxiety relief in patients with schizophrenia. It is an efficacious treatment for the management of anxiety for inpatients with schizophrenia.